

Daily Affirmations- June, 2018

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Fri	Jun	1 st	The only constant in the universe is change; don't resist it.
Sat	Jun	2 nd	You are beautiful!
Sun	Jun	3 rd	Think positive and positive things will happen.
Mon	Jun	4 th	To be known is to be loved; to be loved is to be known.
Tue	Jun	5 th	Where there's a will, there's a way.
Wed	Jun	6 th	Keep clean, stay home with my support.
Thu	Jun	7 th	You are bright so shine and let your glow out.
Fri	Jun	8 th	Never look down on a woman unless you are helping her up!
Sat	Jun	9 th	Be strong in any situation, remember how to make the right decision.
Sun	Jun	10 th	Take each day one step at a time.
Mon	Jun	11 th	Stop and think. When upset, walk away before it goes too far.
Tue	Jun	12 th	Stay away from people, places and things that trigger me to make the wrong
Wed	Jun	13 th	Attitudes are contagious. Have a good attitude and others will have one too :)
Thu	Jun	14 th	Smile at strangers.
Fri	Jun	15 th	I am a resilient woman.
Sat	Jun	16 th	I deserve freedom.
Sun	Jun	17 th	I will let go and let God.
Mon	Jun	18 th	learn yourself, know yourself, love yourself...
Tue	Jun	19 th	Live for today. Tomorrow is not promised.
Wed	Jun	20 th	If you always do what you've always done, you'll always get what you always got.
Thu	Jun	21 st	Family is God's masterpiece.
Fri	Jun	22 nd	I am a winner, no matter the obstacles.
Sat	Jun	23 rd	To err is human; to forgive, divine.
Sun	Jun	24 th	Change is up to you.
Mon	Jun	25 th	Every saint has a past, every sinner has a future.
Tue	Jun	26 th	I am worth it.
Wed	Jun	27 th	To the world you may be one person but to one person, you may be the world.
Thu	Jun	28 th	It is never right to do wrong. It is never wrong to do right.
Fri	Jun	29 th	It could always be worse. Just don't. It is what it is; don't like it, change it.
Sat	Jun	30 th	Don't judge your own past. You don't live there anymore.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.
One Day at a Time.